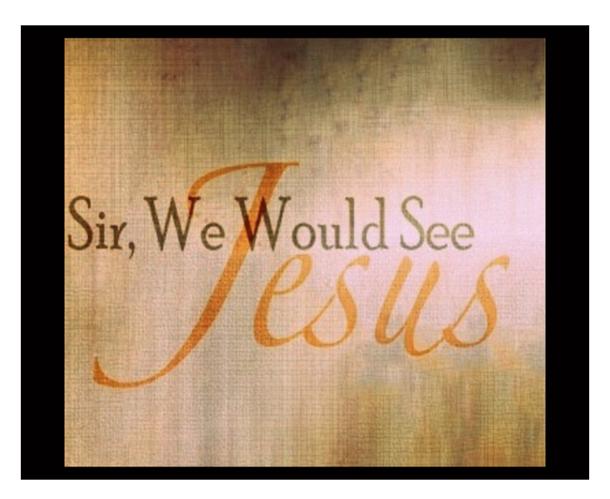
St. Thomas of Canterbury Episcopal Church

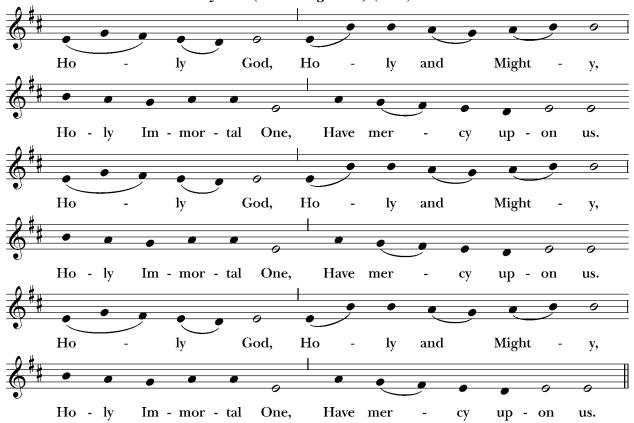
Sunday, March 17, 2024 The Fifth Sunday in Lent 10:15 a.m. – Rite Two



Welcome!

The mission of St. Thomas of Canterbury Episcopal Church is to feed all God's people. We invite you to join us.

ENTRANCE HYMN S 99 Holy God (Plainsong/Ford) (S 99)



THE LITURGY OF THE WORD

OPENING ACCLAMATION

Celebrant Bless the Lord who forgives all our sins.

People His mercy endures for ever.

Jesus said, "The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these."

Let us confess our sins against Almighty God and our neighbor.

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness and by the power of the Holy Spirit keep you in everlasting life. **Amen.**

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray.

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*.

The Lessons

FIRST READING: Jeremiah 31:31-34

A Reading from the book of the prophet Jeremiah.

³¹"The days are surely coming," says the LORD, "when I will make a new covenant with the house of Israel and the house of Judah. ³²It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband," says the LORD. ³³"But this is the covenant that I will make with the house of Israel after those days," says the LORD: "I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. ³⁴No longer shall they teach one another, or say to each other, 'Know the LORD,' for they shall all know me, from the least of them to the greatest," says the LORD; "for I will forgive their iniquity, and remember their sin no more."

Reader The Word of the Lord.People Thanks be to God.

PSALM: Psalm 51:1-13

¹Have mercy on me, O God, according to your loving-kindness; *

in your great compassion blot out my offenses.

²Wash me through and through from my wickedness, *

and cleanse me from my sin.

³For I know my transgressions, *

and my sin is ever before me.

⁴Against you only have I sinned *

and done what is evil in your sight.

⁵And so you are justified when you speak *

and upright in your judgment.

⁶Indeed, I have been wicked from my birth, *

a sinner from my mother's womb.

⁷For behold, you look for truth deep within me, *

and will make me understand wisdom secretly.

⁸Purge me from my sin, and I shall be pure; *

wash me, and I shall be clean indeed.

⁹Make me hear of joy and gladness, *

that the body you have broken may rejoice.

¹⁰Hide your face from my sins, *

and blot out all my iniquities.

SECOND READING: Hebrews 5:5-10

A Reading from Paul's letter to the Hebrews.

⁵Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son,

today I have begotten you";

⁶as he says also in another place,

"You are a priest forever,

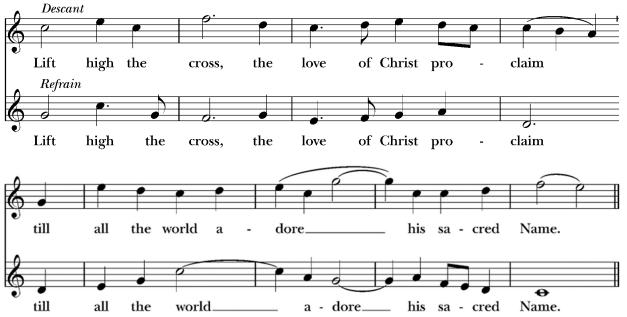
according to the order of Melchizedek."

⁷In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission.

⁸Although he was a Son, he learned obedience through what he suffered; ⁹and having been made perfect, he became the source of eternal salvation for all who obey him, ¹⁰having been designated by God a high priest according to the order of Melchizedek.

Reader The Word of the Lord.
People Thanks be to God.

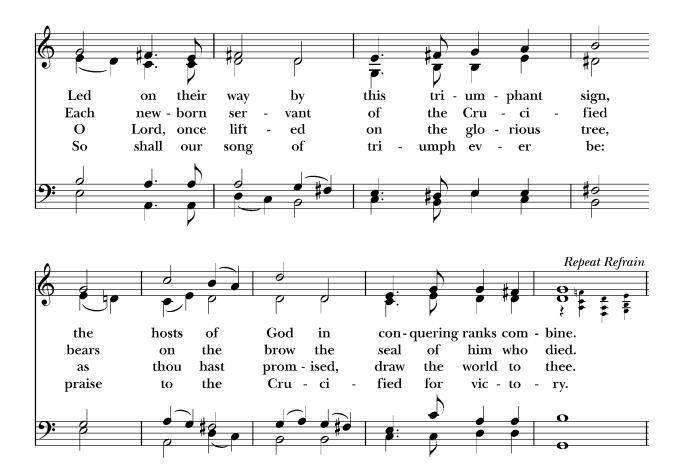
SEQUENCE HYMN Lift High the Cross (Crucifer) (H 473)



¹¹Create in me a clean heart, O God, * and renew a right spirit within me.

¹²Cast me not away from your presence, * and take not your holy Spirit from me.

¹³Give me the joy of your saving help again * and sustain me with your bountiful Spirit.



GOSPEL: John 12:20-33

Priest The Holy Gospel of our Lord Jesus Christ according to John.

People Glory to you, Lord Christ.

²⁰Now among those who went up to worship at the festival were some Greeks. ²¹They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." ²²Philip went and told Andrew; then Andrew and Philip went and told Jesus. ²³Jesus answered them, "The hour has come for the Son of Man to be glorified. ²⁴Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. ²⁵Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. ²⁶Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

²⁷"Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. ²⁸Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." ²⁹The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." ³⁰Jesus answered, "This voice has come for your sake, not for mine. ³¹Now is the judgment of this world; now the ruler of this world will be driven out. ³²And I, when I am lifted up from the earth, will draw all people to myself." ³³He said this to indicate the kind of death he was to die.

Priest The Gospel of our Savior.People Praise to you, Lord Christ.

THE SERMON

THE NICENE CREED

We believe in one God,

the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,

the only Son of God, eternally begotten of the Father,

God from God, Light from Light,

true God from true God,

begotten, not made,

of one Being with the Father.

Through him all things were made.

For us and for our salvation

he came down from heaven:

by the power of the Holy Spirit

he became incarnate from the Virgin Mary,

and was made man.

For our sake he was crucified under Pontius Pilate;

he suffered death and was buried.

On the third day he rose again

in accordance with the Scriptures;

he ascended into heaven

and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,

and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father and the Son.

With the Father and the Son he is worshiped and glorified.

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead.

and the life of the world to come. Amen.

THE PRAYERS OF THE PEOPLE

The hour has come; now is the time to glorify God's name. Let us intercede for the church and for all God's creation, turning to God and saying: Lord, your kingdom come.

You are our God:

May those who are poor and those who are rich, those near and those far, welcome your covenant of peace. We pray:

Lord, your kingdom come.

We are your people:

Be with those who will receive your promise in baptism at Easter. We pray:

Lord, your kingdom come.

You honor those who choose to serve:

Help us to be true followers of your servant Son. We pray:

Lord, your kingdom come.

We know that we must die so that we may truly live:

Strengthen all who suffer in mind or body, especially those on our prayer list. We pray:

Lord, your kingdom come.

You draw all people to yourself:

Bring us out of our slavery to possessions and away from the desire for wealth. We pray:

Lord, your kingdom come.

[You are invited to offer your own intercessions either silently or aloud.]

Priest: Lord God, show us the way of obedience through patient endurance and the way of glory through the law written in our hearts. Hear our prayers and come to our aid. We pray through Christ our Savior. **Amen.**

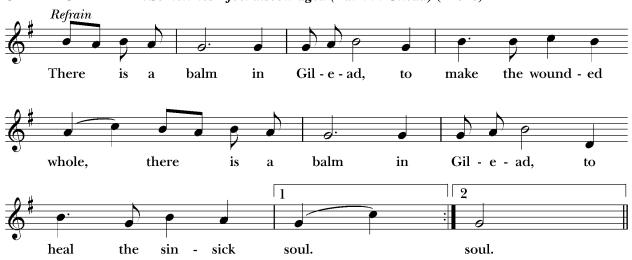
THE PEACE

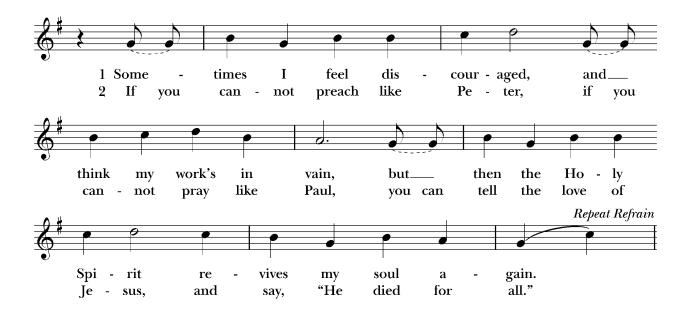
Celebrant The peace of the Lord be always with you.

People And also with you.

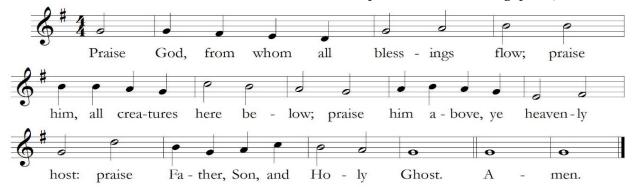
ANNOUNCEMENTS - CALLS TO SERVICE AND COMMUNITY

OFFERTORY HYMN Sometimes I feel discouraged (Balm in Gilead) (H 676)





ON PRESENTATION OF THE OFFERING: Praise God from whom all blessings flow (Old 100th)



THE LITURGY OF THE TABLE

The Great Thanksgiving - Eucharistic Prayer A

CelebrantThe Lord be with you.PeopleAnd also with you.CelebrantLift up your hearts.

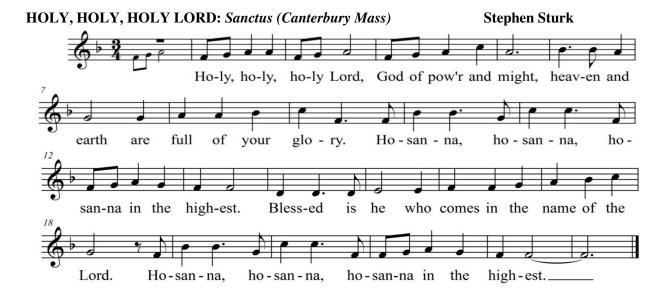
People We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.People It is right to give him thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:



Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died. Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

THE GREAT AMEN (Canterbury Mass)

Stephen Sturk



THE LORD'S PRAYER

And now, as our Savior Christ has taught us, we are bold to say,

Our Father, who art in heaven,

hallowed be thy Name,

thy kingdom come,

thy will be done, on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those who trespass against us.

And lead us not into temptation,

but deliver us from evil.

For thine is the kingdom,

and the power, and the glory,

forever and ever. Amen.

Christ our Passover is sacrificed for us;

therefore let us keep the feast.

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

ALL ARE WELCOME TO RECEIVE COMMUNION.

Gluten-free wafers are available on request.

COMMUNION HYMN Here I Am, Lord (by Don Schutte)



CHOIR: Come Find His Rest (by Dan Forrest)

Come weary one, leave thy labors;
Come, lift thy head, see thy Savior and Friend.
His arms are opened wide;
O soul, be satisfied.
Come find His rest.

Take his yoke upon thee,
For he is gentle and lowly in heart.
So learn from Christ the Lord,
Thy Portion and Reward.
Come find His rest.

I heard the voice of Jesus say,
"Come unto me and rest;
lay down, O weary one,
lay down your head upon my breast."

I came to Jesus as I was, So weary, worn, and sad. I found in him a resting place, And he has made me glad.

POST-COMMUNION PRAYER

Let us pray.

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

BLESSING

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be among you, and remain with you always. *Amen*.

POST-COMMUNION HYMN O love, how deep, how broad, how high (Deus tuorum militum) (H 448)

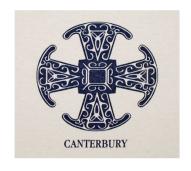


DISMISSAL

Let us go forth into the world, rejoicing in the power of the Spirit and doing the loving thing.

People Thanks be to God.

Please join us for the Coffee Hour after the service today.



Upcoming Events at St. Thomas of Canterbury

General Announcements:

- Invite Someone: Easter Invitations!!
 - Many studies show that people who don't go to church would be most likely to go on Easter if someone invited them. So here's your opportunity! We've prepared special invitations for you to share the joy of Easter with a friend, family member, neighbor, or someone you meet.
 - This is one way to fulfill our baptismal covenant to "proclaim the Good News by word and example." We are asking everyone here to invite one person to worship with us. We thank Takako for her beautiful work!
- **Personal Prayer with our Stephen Ministers** Stephen Ministers will be in the chapel area of the church following each service to pray with you.
- Lent Madness continues! Check the chart in the narthex to see who is advancing to the Saintly 16 and who is top of the Leader Board this week. The winner receives a coveted Golden Halo mug!
- Project TOUCH Project Touch has 110 children who will receive an Easter basket from us. To do this, WE NEED HELP!! During coffee hours today we will be filling 330 plastic eggs with candy. Please stop by and fill a few. We have all materials needed. Next Sunday, March 24th, during coffee hours we will be assembling the Easter baskets (bags). Your support will be appreciated then as well. If you would like to help financially, please donate to "Easter Outreach" via check or dropping your currency gift into the wooden box at the Outreach table.
- Easter Lily Dedication If you would like to dedicate a lily to beautify the church for our Resurrection Sunday celebration on March 31st, either in honor of or in memory of a loved one, please fill out one of the forms in the narthex and drop it in the collection plate or bring it to church during the week. A donation in any amount is appreciated but not required.

Mark Your Calendars:

- Sunday, March 17th (today): **Daughters of the King** meet after the 10:15 service in the conference room.
- Wednesday, March 20th: Finance Committee meets on-line at 6:45 PM
- Thursday, March 21st: Monthly **Bishop's Committee meeting** at 6:00 PM on-line and in person in Scholastica.
- Thursday, March 21st: A new **Sacred Ground Circle** meets by Zoom 6:30-8:30 PM. This important program of the Episcopal Church combines film and reading to create space for difficult but respectful and transformative dialogue on race, racism & faith. The circle will meet every two weeks for 12 sessions. Selected materials are highly informative, stimulating, and transformative. Prior reading/viewing before each session is expected of participants. Most study materials are available online. Register online at: https://edsd.org/event/edsd-sacred-ground-circle-2024/

- Friday March 22nd: Stations of the Cross at 6:00 PM followed by Soup Supper and Lenten Series. Fr. David will lead us in a study of "Will You?" a reflection on the Baptismal Covenant. Please sign up to contribute a soup, bread or dessert for each gathering. Both the Stations of the Cross and Lenten Series with Fr. David will be in person and on Zoom.
- Saturday, March 23rd: **Make Palm Crosses!** Meet at St. Thomas at 9:00 AM to make palm crosses. Please bring scissors. Lani-Karyn Jones will be here to facilitate.
- Sunday, March 24th: **Palm Sunday** services on regular schedule.
- Saturday, April 20th: **E-Waste Collection** event 9:00 AM to 1:00 PM. Electronics and computer equipment will be accepted for recycling. Please see a flyer for more information or contact Virginia Patton.
- Saturday, April 27th: The Diocesan Daughters of the King invite all women of the diocese to a screening of The Philadelphia Eleven, a film about women shattering the stained glass ceiling of the Episcopal Church by seeking ordination as priests. Lunch will be served and there will be Eucharist. The event will be at St. Andrews in La Mesa from 9:30 AM to 2:00 PM. RSVP to slanzdok@gmail.com.

Weekly Recurring Events:

- Compline nightly at 8:00 by Zoom
- Study the Scriptures with Lani each Tuesday at 2:00 PM by Zoom
- **Bible Study with Fr. Bill Garrison** Wednesdays at 11:00. For the Zoom link and study guide, go to www.toursofthebible.blogspot.com. The current study is on the Q Verses in the Gospels.
- Choir Practice each Thursday at 7:00 PM
- Prayers and Squares quilters each Friday at 9:00 AM in Scholastica



HOLY WEEK Schedule

All services at 6:30 PM and on ZOOM unless otherwise listed.

Monday and Tuesday, March 25th and 26th: Evening Prayer and Reflection

Wednesday, March 27th: **Tenebrae** Tenebrae is a service of light and shadows recalling the story of the suffering and death of Jesus from John's gospel. It is both chanted and read. After each segment of the story, a candle is extinguished until the congregation is in near darkness. It is made to convey the sense of total loss of God's presence and the effect of the death of Jesus on the world leaving us to ponder the impact of Christ's death and await the celebration of the coming Resurrection.

Thursday, March 28th: **Maundy Thursday** marks the establishment of the Eucharist by Jesus sometimes called The Last Supper. On this night, Jesus commanded that people should love one another and then washed the feet of his disciples as an act of service and humility. We will wash each other's feet, celebrate the Eucharist, and in preparation for Good Friday, strip the altar and create an Altar of Repose for an All Night Vigil in the church.

Friday, March 29th: **Stations of the Cross** at 12:00 Noon followed by the **Good Friday Liturgy** and **Adoration of the Cross** at 1:00 PM (Zoom will not be available.)

Saturday, March 30th: **The Great Vigil of Easter** This service begins with the lighting of a new fire illuminating the darkness. It brings worshippers, literally and symbolically, from darkness into light. After weeks of penitence, preparation, and reflection, more joyful elements of bells and "alleluias" return to the liturgy.

Sunday, March 31st: **Easter Sunday, Celebration of the Resurrection of our Lord** Services at 8:00 and 10:15

A New Way to Fulfill Our Pledges and Contribute to St. Thomas!

Thanks to the brainstorming of our Stewardship Team – Lauralyn Vasques, Tom Reid and Deb Mitchell – and the technical skills of our Business Manager, Takako Gibbs, we now have a new and easy way to contribute to St. Thomas.

Click on the QR code and you will be taken to Tithley where you can designate the amount you are giving, how it is to be used and the increment in which you wish to give.

The traditional ways still work. You can still contribute by cash, check, or online using PayPal.

How to use the QR code: 3 Easy Steps

- 1. Open the Camera app on your phone.
- 2. Then, point your phone to the QR code to scan it.
- 3. Finally, tap the pop-up banner or QR icon in the bottom-right corner of the app. This will immediately take you to the website.

